

A Literature Review on Podi (Medicated Powder) – An External Therapy in Siddha System of Medicine

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Abstract: Among various medicinal systems siddha system of medicine is one of the ancient, conventional and ritualistic systems of medicine comprising different modulations of treatment procedures for a variety of diseases. Apart from many internal medications, external therapy is implemented for better progress of the patient in various diseases which is of 32 different types and Podi (Medicated powder) method is one of them, used for extensive ailments. Podi (Medicated powder) is defined as a finely powdered raw drugs used to sprinkle on the affected areas. It is dusted over the chronic weeping or purulent wounds. The information is collected from Siddha Classical textbooks at Library of Government Siddha Medical College and Hospital, Palayamkottai.

Keywords: siddha medicine, external therapy, podi, medicated powder.

1. Review of Literatures

A. Preparation for Podi

- Purify (Sutthi murai) the required drugs.
- Crush and Powder the raw drugs.
- Filter the powder using cloth.
- Store the powder in an air tight container.

B. Administration of Podi

- Assemble all the articles at therapeutic room beside.
- Wash your hands.
- Put the gloves.
- Explain the procedure to the patient.
- Position the patient in a chair or table.
- Clean the wound with medicated solution.
- Allow the area to dry.
- Sprinkle the dry powder or mix the powder with oil or liquid and then apply.
- Put the dressing.
- Assure the clothing is perfect and covered fully.
- Dress the site using sterile gauze if you needed.

C. Removal of Podi

- Remove the dressing after 6-8 hours.
- Wash the area with Thripala decoction.

- Wipe the area with dry cloth.
- Wait for few minutes to dry.

D. Materials Required for Podi

For Preparation:

- Stone mortar and pestle for grinding.
- Steel mortar and rod for crushing.
- Stove or oven for frying.
- Filter.
- Knife.
- Wood and Steel spoons.
- Cloth pieces.
- Air tight containers.

For Administration:

- A screen for privacy.
- Wash/Sponge cloths – 2
- Both towel – 1.
- A new set of clothing.
- Wet cloth.
- Wash basin.
- A tray containing gloves, gauze role, cotton role, bath soap, surgical spirit, surgical knife, scissor, castor oil, gingerly oil, nail cutter, kidney tray, tissue paper, paper bag.
- Waste bin.
- Surgical gloves.
- Torch light.

2. Indications of Podi and its Preparations

Table 1
Podi used for pungal (Wounds)

S.No.	Name of the Medicine	Ingredients	Indication
1	Poorapodi [5]	Rasakarapuram (<i>Hydrargyrum subchloride</i>) Mirutharsingi (<i>Galena sulphide</i>) Kachukatti (<i>Acacia catechu</i>) Kadukkai (<i>Terminalia chebula</i>)	Parangi Pungal
2	Vengara Podi [4]	Pachai vengaram (<i>sodium baborate</i>) Cow dung milk	Pungal
3	Pun Podi [4]	Ganthagam (<i>Sulphur</i>) Umathangkai (<i>Datura metal</i>)	Sori sori
4	Ranangaluku Manjalkara Podi [2]	Sangu (<i>Turpinella rapa</i>) Manjal (<i>Curcuma longa</i>) Aritharam (<i>Arisenit trisulphidum</i>) Palthutham (<i>Zinc sulphas</i>) Kungiliyam (<i>Shorea robusta</i>)	Pungal
5	Sagala Pungaluku Podi [3]	Gowri Aritharam (<i>Arisenit trisulphidum</i>) Savveeram (<i>Hydrargyrum perchloride</i>) Vellaiutham (<i>Zinc sulphas</i>) Vengaram (<i>Sodium baborate</i>) Savuttuppu Irutharam Thurusu (<i>Cupric sulphate</i>) Kungiliyam (<i>Shorea robusta</i>)	Parangi pun Thimiram Katti 18 types kuttam
6	Pazhaiya Pungaluku Podi [7]	Kachukatti (<i>Acacia catechu</i>)	Ranam (Non healing ulcer)
7	Aratha Mega Ranangaluku Podi [9]	Sundai (<i>Solanum torvum</i>) Sitrarathai (<i>Alpinia galanga</i>) Chukku (<i>Zingiber officinale</i>) Akkarakaram (<i>Anacylus pyrethrum</i>) Athividayam (<i>Aconitum heterophyllum</i>) Milagu (<i>Piper nigrum</i>) Thipili (<i>Piper longum</i>) Aritharam (<i>Arisenit trisulphidum</i>) Lingam (<i>Red sulphide of mercury</i>) Rasakarpooram (<i>Red sulphide of mercury</i>) Kodikalli pattai (<i>Euphoria ligularia</i>) Kaluthailathi podi	Megha pungal
8	Kuthikaalan Podi [10]	Gowri pasanam Veeram (<i>Hydratgyrum perchloride</i>) Palthutham (<i>Zinc sulphas</i>) Savuttuppu Neelam Kungiliyam (<i>Shorea robusta</i>) Aritharam (<i>Arisenit trisulphidum</i>) Vellai pasanam (<i>White arsenic</i>) Vengaram (<i>Sodium baborate</i>) Kalsunnam (<i>Limestone</i>) Mirutharsingi (<i>Galena sulphide of lead</i>) Vellaithuni suttakari	Sadhai valarntha ranam Parangi pun
9	Ranathirku Podi [10]	Sangu (<i>Turpinella rapa</i>) Palthutham (<i>Zinc sulphas</i>) Neelam Mayilthutham (<i>Cupric sulphate</i>) Vellai pasanam (<i>White arsenic</i>)	Ranangal
10	Parangi pun Podi [10]	Sangu (<i>Turpinella rapa</i>) Palthutham (<i>Zinc sulphas</i>) Manjal (<i>Curcuma longa</i>) Aritharam (<i>Arisenit trisulphidum</i>) Thalaimandaiyodu (<i>Human skull</i>) Pazhanthuni suttakari	Parangi pun
11	Parangi Putruku Podi [10]	Mirutharsingi (<i>Galena sulphide of lead</i>) Manjal (<i>Curcuma longa</i>) Sangu (<i>Turpinella rapa</i>) Kungiliyam (<i>Shorea robusta</i>) Vellaithuni suttakari	Parangiputru Vatha pilavai Aratha pun
12	Pilavaiku Podi [10]	Sangu (<i>Turpinella rapa</i>) Vellai pasanam (<i>White arsenic</i>) Thalaimandaiyodu (<i>Human skull</i>) Pazhanthuni suttakari	Pilavai Neer vadiyum pun
13	Pungaluku Thuvu Podi [2]	Gowri Vellai pasanam (<i>White arsenic</i>) Kungiliyam (<i>Shorea robusta</i>) Savuttuppu	Pungal Ranangal
14	Megha Pun Thuvu Podi [3]	Vellai pasanam (<i>white arsenic</i>) Poovarasam pattai (<i>Thepesia populnea</i>) Egg white (<i>Gallus domesticus</i>)	Megha pun Parangipun Pilavai

Table 2
Podi used for dental disease

S.No.	Name of the Medicine	Ingredients	Indication
1	Palkittaluku Podi [8]	Elarisi (<i>Elettaria cardamomum</i>) Uppu (<i>Sodium chloride</i>)	Parkittal
2	Thanthavayu Podi [8]	Sottruppu (<i>Sodium chloride</i>) Vellarukkan poo (<i>Calotropis gigantea</i>) Karuvellam pattai (<i>Acacia nilotica</i>)	Thanthavayu Pallaranai Thanthasoolai
3	Pal koochathirku Podi [8]	Jathikkai (<i>Myristica fragrans</i>) Padikaram (<i>Alumen alum</i>) Karpooram (<i>Camphor</i>) Uppu (<i>Sodium chloride</i>) Velampattai (<i>Acacia nilotica</i>) Vadhumi kottai (<i>Prunus dulcis</i>) Magizham pattai (<i>Minosups elengi</i>) Kalnar (<i>Asbestos</i>)	Pal koocham
4	Palvali podi [8]	Velamkai (<i>Acacia nilotica</i>) Padikaram (<i>Alumen alum</i>) Kachukatti (<i>Acacia catechu</i>) Kadukkai (<i>Terminalia chebula</i>) Masikkai (<i>Quercus infectoria</i>) Velampattai (<i>Acacia nilotica</i>)	Palvali
5	Palpodi [11]	Kachukatti (<i>Acacia catechu</i>) Kadukkai (<i>Terminalia chebula</i>) Indhuppu (<i>Sodium chloride impura</i>) Masikkai (<i>Quercus infectoria</i>) Padikaram (<i>Alumen alum</i>)	Palvali Pal Uruthipadum
6	Indhuppu palpodi [11]	Indhuppu (<i>Sodium chloride impura</i>) Thurusu (<i>Cupric sulphas</i>) Milagu (<i>Piper nigrum</i>) Kadukkai (<i>Terminalia chebula</i>) Chukku (<i>Zingiber officinale</i>)	Palvali

Table 3
Podi used for eye disease

S.No.	Name of the Medicine	Ingredients	Indication
1	Nayana Noi Vellaipodi [6]	Nagam (<i>Zinc</i>) Abin (<i>Papaver somniferum</i>)	Eye disease
2	Kan Amari Podi [6]	Paal Thutham (<i>Zinc sulphas</i>) Thurusu (<i>Cupric sulphate</i>) Kollu (<i>Macrotyloma uniflorum</i>) Sangu (<i>Turpinella rapa</i>) Kadukkai thol (<i>Terminalia chebula</i>)	Sadhai valarchi Kannimai thadithal
3	Kan Vellai Podi [6]	Thutham (<i>Cupric sulphate</i>) Sangu (<i>Turpinella rapa</i>) Kadalnurai	Kanpoo Kan koocham Sadhai valarchi
4	Nayanarasitha Podi [6]	Palthutham (<i>Zinc sulphate</i>) Vellisarigai Podi (<i>Argentum</i>) Peetharohini (<i>Thalictrum foliolosum</i>) Saaranaipattai (<i>Trianthema portulacastrum</i>)	Kansivappu Kankuthal Kanvali Nethiravayu
5	Amarathuku Podi [3]	Thutham (<i>Zinc sulphas</i>) Thurusu (<i>Cupric sulphate</i>) Kollu (<i>Macrotyloma uniflorum</i>) Kadukkai (<i>Terminalia chebula</i>)	Amaram
6	Kanpoo podi [3]	Karkandu Elumichai (<i>Citrus limon</i>)	Kan poo

Table 4
Podi used for vatha disease

S.No.	Name of the Medicine	Ingredients	Indication
1	Manjal Kollu Podi [8]	Manjal (<i>Curcuma longa</i>) Kollu (<i>Macrotyloma uniflorum</i>)	Vatha disease

Table 5
Podi used for bathing

S.No.	Name of the Medicine	Ingredients	Indication
1	Kuliyal Podi [9]	Kudiyotu poondu (<i>Argemone mexicana</i>) Ganthagam (<i>Sulphur</i>)	Sori Sirangu

Table 6
Podi used for moolam

S.No.	Name of the Medicine	Ingredients	Indication
1	Moolathirku Podi [1]	Kuppaikerai (<i>Amaranthus compestris</i>) Nayuruvi (<i>Achyranthus aspera</i>) Oomathankai (<i>Datura metel</i>) Vazhaikai (<i>Musa paradisiaca</i>) Saaranai (<i>Trianthema portulacastrum</i>)	Moola mulai

Table 7
Podi used for pavuthiram

S.No.	Name of the Medicine	Ingredients	Indication
1	Miruthar Singi Podi [2]	Miruthar singi (<i>Galena sulphide</i>) Aritharam (<i>Arisenit trisulphidum</i>) Thurusu (<i>Cupric sulphate</i>)	Pavuthiram
2	Pavuthira Podi [10]	Mirutharsingi (<i>Galena sulphide of lead</i>) Aritharam (<i>Trisenit trisulphidum</i>) Mayilthutham (<i>Cupric sulphate</i>) Gowri Vellai pasanam (<i>White arsenic</i>)	Pavuthiram
3	Thalaiyotu Podi [10]	Manjal (<i>Curcuma longa</i>) Sangu (<i>Turpinella rapa</i>) Palthutham (<i>Zinc sulphas</i>) Vasambu (<i>Acorus calamus</i>) Thalaiyotu Podi (Human skull bone powder) Vellai pasanam (<i>White arsenic</i>)	Pavuthiram
4	Mayilthutha Podi [10]	Mayilthutham (<i>Cupric sulphate</i>) Manjal (<i>curcuma longa</i>) Kungiliyam (<i>Shorea robusta</i>) Kaavikkal (<i>Red ochre</i>) Sangu (<i>Turpinella rapa</i>) Kalsunnam (<i>Limestone</i>) Thalaimandaiyotu Podi (<i>Human skull bone powder</i>)	Pavuthiram

3. Discussion

The external method of application of Medicated powder application named as podi is mentioned in various siddha literature. Podi is dry fine powder of herbs or inorganic substances or dry animal parts to maintain dryness and control infection. Powder has better shelf-life period and easy to store. The process which occurs during the application of podi is it cleans the surface impurities from microbes like fungus etc. and it protects the skin from toxins and allergens. It prevents the contamination of other tissues, functions as an astringent and controls the perspiration.

4. Conclusion

In this study, I explore the significance of podi and its therapeutic uses. Various preparations of podi were seen in our siddha literature. Podi helps to treat various clinical conditions such as abscess, apthous ulcers, bleeding, body odour, chronic skin ulcers, crack foot, eczema, fissures, fistula, gingivitis,

haemorrhoids, non-healing ulcers and wounds. Hence, I conclude this external therapy technique for above mentioned clinical conditions. Furthermore, clinical trials should be done to prove the efficacy of podi.

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